

A selection of fruit & milk available with meals. Check school website uplifteducation.org for additional information and updates.

OCTOBER 2021

Child Nutrition Program Vegetarian Menu

Breakfast: FREE

Lunch: FREE

Menu Subject To Change

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast:

Frudel

Lunch:

Bean & Cheese Burrito,
Steamed Broccoli

4

Breakfast:

Oatmeal Bar

Lunch:

Taco Salad w/Corn
Black Beans

5

Breakfast:

Donut Holes

Lunch:

Veggie Burger, Burger Salad
Potato Wedges

6

Breakfast:

Cereal

Lunch:

Apple Nachos w/Yogurt,
Green Beans

7

Breakfast:

Cereal

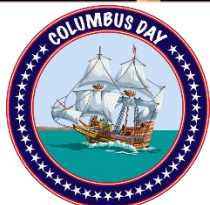
Lunch:

Tortellini w/Sauce
Cucumber W/Ranch

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Professional
Development

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Breakfast:

Blueberry Muffin

Lunch:

Fiesta Rice Bowl,
Pinto Bean, Salsa

12

Breakfast:

Oatmeal Bar

Lunch:

Cheese Panini
Potato Wedges

13



Breakfast:

Cereal

Lunch:

Uplift Veggie Nugget Box,
Mashed Potatoes, Corn

14

Breakfast:

Honey Bun

Lunch:

Cheese Pizzeria
Steamed Carrots

15

Breakfast:

Cereal Bar

Lunch:

Mac & Cheese, Breadstick,
Steamed Broccoli

18

Breakfast:

Cereal

Lunch:

Veggie Pasta, Wheat Roll
BBQ Baked Beans

19

Breakfast:

Pop Tarts

Lunch:

Grilled Cheese,
Chips

20

Breakfast:

Yogurt Cup

Lunch:

Greek Salad, Roll
Steamed Carrots

21

Breakfast:

Cheese Kolache

Lunch:

Tortellini w/Sauce
Cucumber W/Ranch

22

Breakfast:

Frudel

Lunch:

Cheese Enchiladas,
Steamed Broccoli

25

Breakfast:

Banana Loaf

Lunch:

Taco Salad w/corn
Pinto Beans

26

Breakfast:

Donut Holes

Lunch:

Veggie Burger, Burger Salad,
Potato Wedges

27

Breakfast:

Cereal

Lunch:

Veggie Nuggets, Breadstick,
Green Beans

28

Breakfast:

Cheese Croissant

Lunch:

Veggie Egg Roll,
Steamed Carrots

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